



When You Need Permission to Rest



A Core Guide Micro-Tool

Why This Happens

All animals rest and sleep to recharge their energy.

Humans forget they need to rest and sleep too.

Society can expect too much of us sometimes.

Rest isn't something you earn.

It's something you need.

You have the permission your nervous system has waited for — a

soft place to stop, breathe,

and let your body catch up to your life.

What You Can Do Right Now

Here's a simple, grounding reset you can use anytime things feel like too much:

1. Release the guilt

Say quietly:

“I am allowed to rest.”

“My body is asking for a pause.”

“Rest is part of the work.”

“All humans need sleep.”

You don't need to justify being human and having basic human needs.

2. Let your body lead

Choose one:

- Sit down for one full breath
- Lie down for two minutes
- Close your eyes for a moment
- Put your hand on your chest and feel the warmth

Your body knows what it needs.

Let it speak.

If you instantly fall asleep as soon as you are still it is because your body needs it.

Sleep is nothing to feel ashamed of.

3. Shrink the world to one gentle choice

Ask:

“How would I treat a weary person?”

“What would being kind to them be like right now?”

- A glass of water?
- A slower pace?
- A quiet room?
- A softer tone with them?
- Doing nothing for a moment?

Kindness is rest.

Now treat yourself this way.

4. A reminder your nervous system needs

You have pushed yourself beyond your limits when it was needed.

That is over.

You don't need to push through.

You don't need to be productive.

You don't need to earn softness.

You are allowed to stop.

You are allowed to breathe.

You are allowed to admit that you are weary.

5. When you're ready

Return to your day with one intention:

“I will move gently with myself.”

That's enough,
one breath,

one step,

one moment

at a time.